



# Windmill Whisperings

## Your Guide to Active Living

**Eastham Senior Center Newsletter**

**November – December 2021**

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### Nauset Light Gets a Facelift

Submit Photos to: [coadirector@eastham-ma.gov](mailto:coadirector@eastham-ma.gov)

### THANK YOU!

Thanks to Bob Crane, President of Crane Corporation, for supplying our new grill!



Thanks to Orleans-Eastham Elks Lodge #2572 for its generous donation to the Friends of the Eastham Council on Aging. The donation was allocated to the Tom Hawko Memorial Fund, which helps offset the cost of medical transportation for seniors in need.



Thanks to Peter and Diane Hall, owners of Van Rensselaer's, for donating a portion of sales to the Friends of the Eastham Council on Aging.

**Van Rensselaer's**  
RESTAURANT & RAW BAR



## DIRECTOR'S NOTE

What's in a number? Many of us seem to focus so much on getting older when instead we should be enjoying each decade of our lives! This is especially true for our retirement years, a time to celebrate the great things to come such as spending more time with friends and family, travelling, volunteering or even learning a new skill. This is the time the Senior Center can play an active role in your life. We want to help you live your best life and experience new adventures and growth. The Senior Center can be a place to shape a strong foundation in your retirement.



The Eastham Senior Center serves many generations of seniors – from age 59 to 104 (yes, we have a member who is 104)! We believe it's not about age, it's about being your best at every age. We are here to help you build your network of friends, live a healthy active lifestyle and provide the tools for you to age strong in our community.

The Senior Center staff focuses on helping its members achieve their retirement goals – whether it's attending fun social outings, meeting new people or assisting in applying for Medicare or Social Security – we're here for every age and need!

For those seniors in need, we can help file applications for entitlement programs such as Food Stamps (SNAP), tax abatements, fuel assistance, MassHealth. We also offer mini-counseling sessions with a licensed social worker, income tax preparation, medical transportation, notary services, pro-bono elder law attorney appointments, an on-site Veterans' benefits officer, and so many other valuable free services.

For active residents, we offer programs for every age – from Baby Boomers to the Greatest Generation and everyone in between. Our focus is on programs that support each individual's lifestyle. For those that are fitness-orientated we offer exercise classes (including tai chi and yoga). For those looking to meet new friends we offer social experiences such as sailing lessons and boat tours. For foodies we offer lunches and a cooking club. And for those looking to learn something new we offer computer and lifestyle medicine classes.

No matter your age, we are confident we have something for you. And if we don't, just ask, and we will do our best to add your request to our schedule. We are an energetic team and hope you give us the opportunity to be a part of every decade of your life.

Stay well,

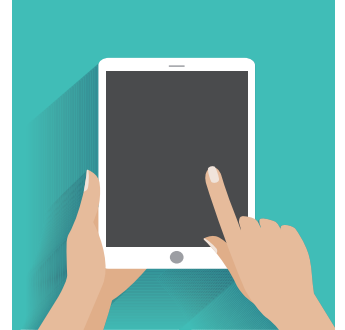


Dorothy Burritt, Director

## UPDATES

### Tablet Program

Thanks to Helping Our Women, the Eastham Senior Center has tablets available to help seniors have access to the virtual world. These tablets are available to loan to our Eastham seniors! You may borrow a device to bring home. If you are interested in borrowing a tablet, please call to sign up. They will be loaned out for two weeks at a time, which may be extended for an additional week if there is no one on the waiting list. No idea how to use the device? We can help get you started. For more information, or to borrow a tablet, contact us at (774) 801-3151.



### Senior Center Hours

The Senior Center remains open Monday – Thursday from 9:00 am – 3:00 pm. Note, when the building is closed, staff will still be available remotely during regular business hours. We ask that you only visit in-person during the scheduled hours (Monday – Thursday from 9:00 am – 3:00 pm). Again, to participate in programs, you must comply with all safety protocols. Registration is also required. We require all patrons to wear face masks, use hand sanitizer and remain socially distanced. To keep everyone safe, building access will be limited. Only one entrance will be open (the back door with the covered walkway will be open; all other doors will be locked). We also ask that if you don't feel well, please stay home, and keep everyone safe.

### GivingTuesday

GivingTuesday is a global day of giving. It is celebrated on the Tuesday following Thanksgiving, November 30th. It kicks off the charitable season, when many focus on their holiday and end-of-year giving.

When you are choosing the organization that will receive your generous gift, please consider the Friends of the Council on Aging (FECO). The "Friends" is a tax-exempt, 501(c)(3) non-profit organization, existing for the sole purpose of providing manpower and financial support for many Eastham Council on Aging programs such as the Veterans' celebration in November and the holiday meal delivery program in December.

When thinking about how to help those in need this holiday season, would you consider helping Eastham seniors? Checks can be made payable to Friends of the Eastham Council on Aging (FECO) and mailed to, PO Box 1203, North Eastham, MA 02651. Or check out our Facebook page for donation information. Thank you for helping your neighbor this holiday season!

## COA PROGRAMS

**Registration required for all programs: (774) 801-3151  
or [coadmin@eastham-ma.gov](mailto:coadmin@eastham-ma.gov) (unless noted)**

### In-Person Cooking Club

**Wednesday, November 10 • 9:30 am**

**Wednesday, December 8 • 9:30 am**

Heather Bailey, founder of The Optimal Kitchen, is a certified nutritional consultant and natural chef focused on helping individuals discover not only which foods are best for them, but how to shop for the ingredients and how to prepare the meals. Join Heather, live at the Senior Center, as she demonstrates how to cook healthy meals! The cost is just \$5 per class. In November, the focus will be how to cook healthy alternatives to some holiday favorites. In December, she will feature recipes on how to boost immunity with soups and stews. RSVP required by noon the Monday prior. To register, call (774) 801-3151.

### Veterans Luncheon

**Friday, November 12 • 11:00 am**

This year, we will host our annual Veterans celebration with in-person entertainment, featuring Julie Charland, and a meal to take home! We are honored to be able to recognize our Veterans and their families. Please let us know if you're attending or if you'd like a meal delivered. To RSVP, please call the Senior Center at (774) 801-3151 by noon on Monday, November 8. Limited space available.

### Health & Wellness Improvement

**4th Tuesday of month • 1:30 pm  
(in-person, unless noted below)**

**November 2 & 23\*, December 28**

Join Cape Cod native Carol Moore Penfield, M.S. NPC, Nurse Practitioner for this series (offered the 4th Tuesday of each month at 1:30 pm). Carol specializes in Lifestyle Medicine. Rather than relying on just pills and surgery, lifestyle medicine addresses healthy behaviors that can improve health and strategies to help sustain them. Many diseases can be prevented or even

reversed with proper nutrition, physical activity, stress reduction and sleep quality. This is a free program. On November 2nd, she will focus on *Improving your energy and mood. How to feel young again!* Learn about evidence-based approaches to improving your energy level at any age. **\*November 23rd will be via ZOOM**, and focus on *eating and living like the world's healthiest people*. Carol will provide helpful tips that have been learned from researching centenarians around the world. December will feature *don't forget your memory! Learn scientific updates on managing or preventing Alzheimer's, memory loss and dementia*.

### Scarf Making Workshop

**Friday, November 19 • 11:00 am**

Join Joan Lockhart for a scarf making class! Create stunning yet easy to make silk scarves. You will learn techniques to dye silk fabric. Each person will create their own scarf in this class. These make great gifts! No art background necessary. Enjoy a fun day! The cost is just \$10 and all materials are included. RSVP required by noon on Friday, November 12. Limited space available.

### Finding Information Online (Hands-On Work Shop)

**Wednesday, December 1 •  
9:30 – 11:00 am**

The internet is an incredible resource, but finding what you're looking for can be difficult. The Senior Center and Elder Services are partnering to offer a hands-on workshop to help. This class will review helpful tips for using effective search terms and finding accurate information. Laptops will be provided for program use. To register, call Elder Services at (508) 394-4630 x 540. Space is limited to 15 participants. The class will be held at the Eastham Public Library (located at 190 Samoset Road).

### Card Making with Cindy

**Thursday, December 9  
10:30 am – 12:00 pm**

Let's get into the holiday spirit! Let's get together and make holiday cards and ornaments. A light lunch will be provided to go. Please register by December 6th.



### CDP Housing Rehabilitation

**December 16 • 11:00 am**

The Community Development Partnership Housing Rehabilitation Program has funds available to help qualified homeowners pay for needed repairs. Join Terri Barron as she explain the program. If you are unable to attend, please contact Terri at (508) 240-7873, ext. 14 or [terri@capecdp.org](mailto:terri@capecdp.org) for information.

### Reassurance Meal Delivery

**Wednesday, December 22**

This year, once again, we'll be bringing our annual holiday luncheon fun to you! We will partner with the Eastham Fire and Police departments to deliver meals to your home. For those that participate in the Reassurance Program and/or are homebound, please let us know if you'd like a meal delivered. To RSVP, please call the Senior Center at (774) 801-3151 by noon on Wednesday, December 15. Meals will be delivered the following Wednesday, December 22.

### Real ID – Find Out if It's Right for You!

**Friday, December 3 • 11:00 am**

Join Michele Ellicks, RMV Community Outreach Coordinator as she presents the "Real ID Workshop." So many of us have a lot of questions! Here is your opportunity to find out how to apply and to receive help to get your "Real ID." RSVP required by Monday, November 29.



## TECHNOLOGY SUPPORT

### Digital Archives Mindy Baransky

Last week marked four years since my dad passed. He was the last of his generation so when he left, he took with him not just the stories of his life, but also the history of everyone on that side of my family. It reminded me that many, many people these days, especially those over 70, are using technology to create and preserve a roadmap to the past for their families and future generations.



If you are someone who likes to write, think about using word processing software on your desktop, laptop, or tablet (if you have a keyboard). Writing digitally is often easier than using pen and paper because words/sentences/paragraphs can be deleted or moved with a simple click of the mouse. And you can usually make the letters as big as you need in order to see them clearly. Don't put any energy into formatting your stories, or even whether you've made spelling errors. The important thing is to get your thoughts, your memories, your life onto the page. Start anywhere. Random musings are just as valid as chronological recounting of events.

For some, writing doesn't come easily and/or it's too hard to read words on a screen. No problem, you can use the voice recording app on your computer, tablet, or even your smartphone. I like this method because anytime you start thinking about something that you might want to share, you just hit "record" and start talking. No spelling, no formatting — it's more similar to relaying the information as if someone were sitting in front of you and you were just having a conversation.

Even better (in my humble opinion) is using your smartphone or tablet to create videos. You can have the camera pointing at yourself as you relay stories, or you can have it pointing at something else as you narrate. You can show photographs to the camera while off-camera you explain who or what's in them. Or create a video that shows your garden or your stamp collection or your favorite walk while you explain what the viewer is looking at and why you chose to share it with them. You can even record yourself preparing a favorite dish you make for family gatherings.

Preserving and sharing your stories can be as simple or as grand as you like. It can be something you do on your own, or a project that you involve other people in (perhaps enlist a friend to "interview" you). Winter is coming...think about setting aside some time every week to reflect and document whatever stories, information, insights, recipes, jokes, etc. you want to save for your loved ones. I assure you, your families will appreciate any and all of it.

## COAST

### Coast Connections Cape Coast Programs

Cape Coast (Councils On Aging Serving Together) is collaborating to offer older adults on Cape Cod regional options for virtual programming. Join other Council on Aging members for virtual programs while you expand your social circle and take advantage of opportunities to experience new, fun and educational programs. Below is a list of virtual programs open to all.

- **Cape Wildlife Center**

**Wednesday, November 3 • 9:30 am**  
(via Zoom)

Zak Mertz is a licensed wildlife rehabilitator, and along with talking about the biodiversity on Cape Cod, he will go over what to do if you come across a wild animal, and offer some tips to help fauna thrive in your own backyard. Learn about their mission to provide veterinary care to sick, injured and orphaned wild animals. Meet some of their very interesting patients!

**To register call the Chatham COA at 508-945-5190.**



- **Let's Talk About Tomorrow**

**Monday, November 15 • 9:30 am (via Zoom)**

This info session, presented by the Homeless Prevention Council (HPC), is designed to create awareness about senior housing on the Lower Cape, to encourage attendees to work with case managers to apply as soon as possible, and to connect residents to the many local resources available. This information is crucial for older adults who are considering either applying for affordable senior housing or aging in place.

**To register call the Chatham COA at 508-945-5190.**

- **USSR-Russia: Myths, Mysteries & Spying**

**Tuesday, November 16 • 9 am (via Zoom)**

Grab your morning coffee and listen to Harry Quinlan discuss his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will educate and entertain!

**To register call the Chatham COA at 508-945-5190.**

- **Chef Kelli's Surprise Holiday Treat**

**Tuesday, November 30 • 11:00 am**  
(via Facebook & Instagram Live)

We're breaking in the new kitchen at the Dennis Center for Active Living (DCAL) with Kelli showing us how to make special holiday treats this season.

**To register call the Dennis COA at (508) 385-5067.**



## FITNESS & SOCIAL PROGRAMS

### Health & Fitness\*

#### “Sit & Be Fit” with Jim

**Monday • 10:15 am**

Exercises done sitting and using weights. Great for stretching and movement. All levels of fitness welcome as you choose the size of weights.

#### “Light & Fit Exercises” with Jim

**Tuesday • 10:15 pm**

Light exercise and strengthening, using walking, weights, and movement to increase heart rate, bone density, muscles and agility.

#### “Yoga” with Janet

**Tuesday (In-person) • 8:30 am**

**Friday (Zoom) • 8:30 am**

Includes meditation, stretching and strengthening poses done on the floor and/or standing.

#### Hiking Club with Jim

**Wednesday • 9:00 am**

A low-impact, walk on local trails. Water, bug spray and proper attire recommended. Meet at the COA.

#### “Sit & Be Fit” with Jim

**Wednesday • 11:15 am**

*(1st Wednesday of the month class meets at 3:00 pm)*

Join Jim for this great stretching and movement exercises class done sitting down. Use weights for a more invigorating workout (optional)! All levels of fitness welcome.



#### Ask a Public Nurse

**Wednesday • 12:30 – 1:30 pm**

**November 3 & December 1**

Barnstable County Nurses program is available the 1st Wednesday of the month. The nurse offers blood pressure checks, health screenings and more.

#### Blood Pressure and Notary

If you would like your blood pressure taken or are in need of notary services, please call Cindy to make an appointment, (774) 801-3153.

*\*Consult a physician before you begin a new exercise routine.*

### Social Groups

#### Rug Hookers

**Monday • 9:30 – 11:30 am**

The Rug Hookers group meets Mondays.

#### Men’s Group

**Tuesday • 9:00 – 10:00 am**

Join this group, led by Jim, to discuss various topics.

#### Ladies Coffee

**4th Wednesday, November 24 and**

**December 22 • 9:30 – 10:30 am**

Join us and get together with new and old friends!

#### Open Bridge

**Thursday • 12:00 – 3:00 pm**

This group is open to all players. Join anytime!

#### Mah Jongg

**Wednesday • 12:30 pm**

Calling all avid players. Bring your set and card to play!

#### Rummikub

**Wednesday • 12:30 pm**

Don’t know how to play? Avid players can teach you.

## SPECIAL INTERESTS

### T-Time Committee

The T-Time Committee is on track to provide final recommendations to the Select Board in November for approval.

Recommendations for the town-owned T-Time, Town Center and COA properties were drafted over the summer with additional public input occurring through October. Considering the three sites together ensures strategic use of town-owned land to meet community needs for all ages.

Recommendations for T-Time include a community center with the Town’s Recreation & COA Departments; open green space; possibility of a pool; senior & workforce housing; and pop-up entrepreneur space. Potential uses for Town Center Plaza and the current COA site (should the COA opt to relocate to T-Time) were also included. Any plans for the COA will directly involve the COA board and senior community.

In the New Year, a “master planning” process will begin, and community participation will be needed to develop concepts for the “look and feel” of each property. We thank everyone for their input and engagement in this process. See [easthamttime.org](http://easthamttime.org) for more information.

## HELEN PETERSON PUZZLE

Fill in the blanks with three words; each has the same seven letters in different order.

### What Really Matters

A grand\_\_\_\_\_’ love is pure and good.

She’ll \_\_\_\_\_ you with hugs and kisses at the door!

She always know how to lift your mood,

a \_\_\_\_\_ filled with hot cocoa, cookies and more.

Whether you call her Grami, Mimi, or another name,

her love is always the same!

### Answers to last issue’s Puzzle

Fall is a great season to enjoy our town! A time to **steer** our bikes down the rail trail, the **trees**’ colorful leaves start to fall down. A perfect season for a hike or a sunset sail. With every season comes change, so **reset** your habits to a healthy range.

Congratulations to puzzle solver Janet Benajmins!

## Cooking at Home

with Heather Bailey of *The Optimal Kitchen*

Email: [theoptimalkitchen@comcast.net](mailto:theoptimalkitchen@comcast.net)

Website: [theoptimalkitchen.com](http://theoptimalkitchen.com)

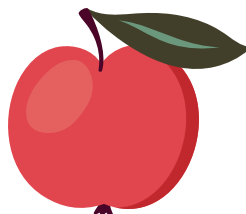
Each year the holidays come and between the stress and parties it is no wonder we all end up feeling lousy and unhealthy. Statistically Americans will gain an average of 3-5 pounds from Thanksgiving to New Years and one of those pounds will stay with us forever. Over a period of 10 years we will have gained 10 pounds just from holiday indulgence. However, it isn't just the weight gain, it is also the time of year, due primarily to stress and lack of sleep, and we inevitably end up getting sick. Believe it or not, with a few simple changes you can keep yourself fit and trim and feeling energetic and healthy.

Between all the decorating, shopping and partying we tend not to focus on taking proper care of our bodies. Feeding our bodies the right foods will help our immune system protect us from all the bacteria and viruses we are exposed to at crowded gatherings, which are unavoidable this time of year. The most critical of the antioxidant vitamins and minerals are Vitamins A, C and E and Selenium. Below is a recipe that may help boost your immunity as well as keep your body healthy this holiday season.

## SQUASH AND APPLE BISQUE

2 lbs winter squash, peeled and cut in 1 inch pieces	2 lbs apples, roughly chopped
1 lb sweet potato, peeled and cubed	1 onion, chopped
3 cloves of garlic, minced	1 inch piece of fresh ginger grated
1 tsp cinnamon	½ tsp clove
½ tsp nutmeg	1 quart+ vegetable stock or water

1. Heat a large saucepan over medium heat; coat pan with cooking spray. Add garlic, ginger and onions and sauté for 5 minutes or until onions are clear, add cinnamon
2. Add apples, squash and the sweet potatoes and sauté
3. Add 1 quart + of broth and simmer until potatoes are very soft
4. Let cool a bit and use a blender or food processor to blend until smooth (add a bit more stock or water to get the tight consistency)
5. Top with toasted pumpkin seeds or nuts for a bit of crunch and extra flair



## Improving Your Health

### “Slowing the Aging Process”

Carol Penfield M.S., Nurse Practitioner

Aging is a phenomenon that cannot be escaped. Research demonstrates that we can modify the process and steal a little bit from the fountain of youth. There are factors responsible for individual differences in the rate and extent at which we age: Genetics and environmental factors such as nutrition, stress, smoking and physical activity play a role.

Age-related changes may be modified by lifestyle interventions, including regular exercise. Physiological responses of older adults to exercise training are essentially the same as those experienced by younger individuals. Studies have shown that females over age ninety can double their strength after an 8-week supervised exercise program. Better health achieved through exercise includes decreased risk of premature death, heart disease, hypertension, colon cancer, and diabetes. Fit and active individuals exhibit slower declines in physical function and have an increased ability to perform daily tasks throughout their life span.

Research has demonstrated the following positive impact exercise has on aging:

- Improved cardiovascular fitness (which normally declines 10% each decade)
- Increased flexibility, muscle strength and balance
- Slowed vertebral degeneration rates
- Maintenance of adequate pulmonary function.
- Prevention or reduction of the severity of certain diseases such as diabetes, heart disease, high blood pressure, high cholesterol, arthritis, osteoporosis, depression and certain cancers
- Enhancement of the immune system
- Improvement of sleep and reduction of stress
- Improvement of reaction time and cognitive function

It is exciting that physical activity coupled with proper nutrition, stress management, and smoking cessation can slow the inevitable aging process.

Carol Penfield, board certified in Lifestyle Medicine, will cover these topics monthly at the Senior Center on the 4th Tuesday of the month from 1:30 – 2:30 pm. Call to pre-register (see page 3).

*\*Consult a physician before beginning a new health routine. As a matter of public record, this agency makes available resources, but does not endorse or recommend services.*



## FRIENDS OF THE COA

### 'Friends'

The Friends of the Eastham Council on Aging (FECO) provide financial and manpower assistance to the Council on Aging for programs and services not allocated in the town budget. The Friends raise funds by operating the popular Thrift Shop on Massasoit Road. The Shop is OPEN, and looking for volunteers! Funds raised by the Friends were used in the recent renovation of the Senior Center and Deck. If you haven't seen it, stop by!



Thank you to the Board of the FECOA: George Abbott, Suzanne Barnhart, Donovan Cornish, Joanne Irish, Pat Lariviere (President), Mary Beth O'Shea, Sandra Szedlak (Treasurer).

### Amazon SMILE!

Choose the "Friends of the Eastham Council on Aging" as your charity to donate 0.5% of a sale at no cost to you. Please consider designating this organization!

### Join us and become a "Friend"

#### FECO MEMBERSHIP APPLICATION

Name 1: \_\_\_\_\_ ☐ Renewal ☐ New

DOB 1: \_\_\_\_\_ ☐ \$10 Individual

Name 2: \_\_\_\_\_ ☐ Renewal ☐ New

DOB 2: \_\_\_\_\_ ☐ \$10 Individual

Would you consider an additional contribution? \$ \_\_\_\_\_

Mailing address: \_\_\_\_\_

Physical address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## OUTREACH CORNER NEWS

### The Holiday Season

Cindy Dunham, LPN

Every season is unique. November and December have hints of reflection, fun and nostalgia and our first taste of cold air. These months also remind us of the spirit of giving, including time and friendship. Celebrate with us at our Veterans Day celebration, holiday meal delivery event and seasonal card making program (see page 3). We will also offer Thanksgiving food baskets to those in need.

### Winter Is On the Way!

Be sure you plan ahead for inclement weather. Have helpful things on-hand to help in severe weather.

#### HELPFUL TIPS

- If you have a car, put a blanket and a small bucket of sand in the trunk. Be sure to also carry a flashlight, a few non-perishable food items and bottles of water.
- Keep a shovel and rock salt/sand by your entry way
- Stock staple items such as batteries, non-perishables, flashlights, a few gallons of water, a radio, at least a week's worth of regular medications.
- If you're a year-round resident plan ahead! The time to find a regular snow removal person is now. If you need help let us know (see page 8).
- Have a place to go if you lose power.
- Keep emergency phone numbers readily available
- Keep your cell phone charged

### Fuel: For our Homes and Our Bodies....

#### HELPFUL PROGRAMS

- **Fuel Assistance**
- **SNAP** formerly food stamps. Now with EBT cards. Easy to manage!
- **Mobile Food Pantry:** Every first Wednesday of the month.
- **Brown Bag Friday:** Every first Friday of the month.
- **Whole Foods:** Most Thursdays at 11:30 am in the lower parking lot (canceled November 11, 25 and December 23).
- **COA Meal Delivery:** If you or someone you know is in need of a nutritious meal, please let us know.

### Fun Seasonal Facts!

The November birth flower is Chrysanthemum; birthstone is topaz. The December birth flower is Holly; birthstone is turquoise. Happy birthday to all those celebrating!



## HELPFUL INFORMATION

### TURNING 65?

If 1956 is your birth year, you will be 65 this year and that means you are eligible for Medicare (if you or your spouse has worked under Social Security). If you are not collecting Social Security at this time, you must notify Social Security three months prior to your birthday to sign up for Medicare (call (866) 467-0440 or [www.ssa.gov](http://www.ssa.gov)). If you are employed and covered under an employer plan, you still need to sign up for Medicare Part A (free).

1. File a Declaration of Homestead for your primary residence. Upon filing, your home is protected against levy on execution, sale or attachment to satisfy debts to the extent of \$500,000 single/\$1,000,000 married (over 62).
2. Be sure you have a will and a durable power of attorney (power of attorney should include conservatorship clause and guardianship).
3. Health Care Proxy and HIPAA Authorization forms are available in the office. Every person over the age of 18 should execute these forms.
4. The Senior Center has a SHINE counselor available (by appointment) to help navigate Medicare choices. Call (774) 801-3151.



### Reassurance & Code Red

We encourage you to sign up for the Eastham Police Department's Reassurance and Code Red Alert programs. Cindy in Outreach can help you, (774) 801-3153.

Participation in the Reassurance Program offers someone living independently the chance to check in with someone daily. It can also provide a sense of security and peace of mind.

Registering for the Code Red Alert, enables you and off-Cape family members to receive critical community alerts about local emergency situations. Register at: <https://public.coderedweb.com/CNE/en-US/BF56A5567E8A>.

### Neighborhood Watch

The Town of Eastham has an active Neighborhood Watch program that consists of 8 regions and 90 "block captains". The "Triad" program includes the Council on Aging, the Police Department, and the Fire Department. The group's goal is to have resident membership and leadership, so that there are additional eyes and ears throughout the community that can assist town wide departments.

The group meets quarterly throughout the year (March, June, September, and December) so that all involved residents and departments can meet and discuss town-wide issues and ideas. The group is currently looking for a volunteer person(s) that can lead the group in the quarterly discussions and throughout the year.

If you have any interest in leading the group, please contact Officer Vicki Wagner at the Eastham Police Department at (508) 255-0551 or email her at: [vwagner@eastham-ma.gov](mailto:vwagner@eastham-ma.gov). You may also contact the Senior Center at (774) 801-3151.



### Home Checks



The Eastham Fire Department offers friendly home visits to seniors in need. Staff will evaluate your smoke and carbon monoxide alarms as well as inform you of any potential fire or fall hazards within or around your home. Home visits are free of charge. To schedule a home visit with Rachel Topal, call (508) 255-2324.

### Snow Removal Help

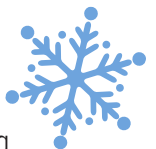
Do you have a snow removal person? If not, arrange for one now. Below is a list of a few local plowers\*:

- Grass Roots Landscaping, (508) 255-3500
- M.A. Frazier, (508) 349-7969
- Ponderosa, (508) 255-4773, Scott ext. 20
- Ted Skiba, (508) 237-4108

*\*As a matter of public record, we make available this list of contractors who provide snowplowing services. This office does not endorse or recommend provider services (offered on a first-come, first-served basis).*

### Weather Policy

When Nauset Public Schools are closed medical transportation and Senior Center activities are all cancelled. However, the Senior Center staff is working. If the Town Hall is closed, the Senior Center is also closed.





## GETTING TO KNOW YOU!

### Rosemary Murrman

By Susanne Fischer

Rosemary Murrman has had two jobs she says she absolutely loved: Working as a histologist and volunteering at the Friends of the Eastham Council on Aging thrift shop.

Histology beckoned after Rosemary decided her first job was a tad too boring.

"I saw an ad for a histologist and ended up working for 40 years in my field in Connecticut," she said. "I prepared tissue samples on slides for pathologists to study. It was very interesting and I loved it."

Born in Waterbury, Rosemary considered Connecticut her home until she and several girlfriends rented a house in Eastham.

"We rented the French Cable House on Nauset Light Beach," said Rosemary. "There we were, five girls living in the middle of a parking lot."

Although traveling to places around the globe was a passion, Rosemary said Cape Cod was her favorite. She eventually bought a house and also met her husband, Dick, on the cape.

After retiring Rosemary saw an ad for volunteers at the Eastham Senior Center thrift shop. "Dick said to give them a call and I did," she said. "That was 14 years ago."

During those 14 years Rosemary said she tackled many projects at the thrift shop, including showcasing the shop to the public.

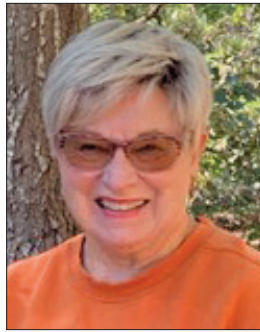
"I was always surprised how little people knew about the history of the shop and that all proceeds from the shop go to the senior center to support the programs offered," she said.

Keeping the shop open during the pandemic was also important to Rosemary and she said posting items for sale at the shop on Facebook was a lifesaver and the shop never really closed.

Making working at the thrift a fun experience for volunteers was also important said Rosemary, including the time a number of wedding gowns were donated and Rosemary and the staff dressed up mannequins in the gowns, complete with champagne glasses and put them in the shop's front window. Rosemary also served as manager for the shop and enjoyed giving tours when folks came in.

Now retired from the thrift shop, Rosemary said she is looking to volunteer elsewhere.

"At the thrift shop we had fun, we worked hard, we laughed," she said. "Eastham runs on volunteers."



## RESOURCES

### Family Support

The Alzheimer's Family Support Center of Cape Cod is available and offers free support. For help, call (508) 896-5170 or email [info@capecodalz.org](mailto:info@capecodalz.org).

### Counseling Services

Remote counseling is available by appointment with Nancy Higgins, LICSW. Try a free session. If you continue, services may be insurance billable. For an appointment call, (774) 801-3151.

### SHINE News

Medicare plan open enrollment ends December 7th! A quick review could save you money in 2022. Please make sure you review your Medicare options during this time period so that you have the most cost-effective plan for 2022. During this open enrollment period, you will have a chance to change your plan (effective January 1, 2022). Counselors can help you understand plans, screen you for assistance programs and discuss other options. If you do not change your plan during this period you may have to stay with your existing plan for another whole year. (Note: the open enrollment may not affect those with retiree coverage). Please be sure to have a list (or bottles) of your current medications ready for the appointment and if you are a couple, please ask for two appointments. For appointments, please call SHINE at (508) 375-6762 or the Senior Center at (774) 801-3151.

### Elder Law Attorney

To speak to a pro bono Elder Law attorney, call (774) 487-3251, Monday – Friday 9:00 am – 5:00 pm. Leave a message with your name and number. For an in-person appointment at the Senior Center on December 28, call (774) 801-3151.



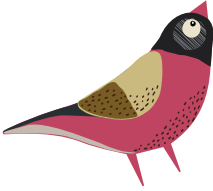

### Veterans Officer

Shawney Carroll, Veteran Services Officer is available for counseling. Call for an appointment, (774) 801-3151.



'Friends' Thrift Shop Volunteers honor Rosemary for her years of service!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Tai Chi <b>1</b></p> <p>9:30 Rug Hookers</p> <p>10:00 Ch 99 Fitness</p> <p>10:15 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Yoga <b>2</b></p> <p>9:00 Men's Group</p> <p>10:00 Ch 99 Fitness</p> <p>10:00 Bread Pickup</p> <p>10:15 Light &amp; Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Closed Bridge</p> <p>1:30 Health Series</p> <p>Open 9 am – 3 pm</p>	<p>9:00 Hiking Club <b>3</b></p> <p>10:00 Ch 99 Fitness</p> <p>12:30 Mah Jongg</p> <p>12:30 Mobile Pantry</p> <p>12:30 Ask A Nurse</p> <p>12:30 Rummikub</p> <p>3:00 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>10:00 Ch 99 Fitness <b>4</b></p> <p>11:00 Mobile Meals</p> <p>11:30 Whole Foods</p> <p>12:00 Open Bridge</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Zoom Yoga <b>5</b></p> <p>9:30 Brown Bag Program</p> <p>10:00 Ch 99 Fitness</p>
<p>9:00 Tai Chi <b>8</b></p> <p>9:30 Rug Hookers</p> <p>10:00 Ch 99 Fitness</p> <p>10:15 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Yoga <b>9</b></p> <p>9:00 Men's Group</p> <p>10:00 Ch 99 Fitness</p> <p>10:00 Bread Pickup</p> <p>10:15 Light &amp; Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Closed Bridge</p> <p>Open 9 am – 3 pm</p>	<p>9:00 Hiking Club <b>10</b></p> <p>9:30 Cooking Club</p> <p>10:00 Ch 99 Fitness</p> <p>11:15 Sit &amp; Be Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>Open 9 am – 3 pm</p>	<p><b>HOLIDAY</b> <b>11</b></p> <p><b>SENIOR CENTER</b></p> <p><b>CLOSED</b></p> 	<p>8:30 Zoom Yoga <b>12</b></p> <p>10:00 Ch 99 Fitness</p> <p>11:00 Veterans Program</p>
<p>9:00 Tai Chi <b>15</b></p> <p>9:30 Rug Hookers</p> <p>10:00 Ch 99 Fitness</p> <p>10:15 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Yoga <b>16</b></p> <p>9:00 Men's Group</p> <p>10:00 Ch 99 Fitness</p> <p>10:00 Bread Pickup</p> <p>10:15 Light &amp; Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Closed Bridge</p> <p>Open 9 am – 3 pm</p>	<p>9:00 Hiking Club <b>17</b></p> <p>10:00 Ch 99 Fitness</p> <p>11:15 Sit &amp; Be Fit</p> <p>12:30 Mah Jongg</p> <p>12:30 Rummikub</p> <p>Open 9 am – 3 pm</p>	<p>9:30 Board Meeting <b>18</b></p> <p>10:00 Ch 99 Fitness</p> <p>11:00 Mobile Meals</p> <p>11:30 Whole Foods</p> <p>12:00 Open Bridge</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Zoom Yoga <b>19</b></p> <p>10:00 Ch 99 Fitness</p> <p>11:00 Scarf Making Event</p>
<p>9:00 Tai Chi <b>22</b></p> <p>9:30 Rug Hookers</p> <p>10:00 Ch 99 Fitness</p> <p>10:15 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Yoga <b>23</b></p> <p>9:00 Men's Group</p> <p>10:00 Ch 99 Fitness</p> <p>10:00 Bread Pickup</p> <p>10:15 Light &amp; Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Closed Bridge</p> <p>1:30 Health Series (Via Zoom)</p> <p>Open 9 am – 3 pm</p>	<p>9:00 Hiking Club <b>24</b></p> <p>9:30 Ladies Coffee</p> <p>10:00 Ch 99 Fitness</p> <p>11:15 Sit &amp; Be Fit</p> <p><b>HOLIDAY –</b></p> <p><b>COA CLOSED AT NOON</b></p> <p>Open 9 am – 12 pm</p>	<p><b>HOLIDAY</b> <b>25</b></p> <p><b>SENIOR CENTER</b></p> <p><b>CLOSED</b></p> 	<p><b>HOLIDAY</b> <b>26</b></p> <p><b>SENIOR CENTER</b></p> <p><b>CLOSED</b></p>
<p>9:30 Rug Hookers <b>29</b></p> <p>10:00 Ch 99 Fitness</p> <p>10:15 Sit &amp; Be Fit</p> <p>Open 9 am – 3 pm</p>	<p>8:30 Yoga <b>30</b></p> <p>9:00 Men's Group</p> <p>10:00 Ch 99 Fitness</p> <p>10:00 Bread Pickup</p> <p>10:15 Light &amp; Fit</p> <p>11:00 Mobile Meals</p> <p>12:00 Closed Bridge</p> <p>GivingTuesday</p> <p>Open 9 am – 3 pm</p>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00 Hiking Club 9:30 Technology Workshop 10:00 Ch 99 Fitness 12:30 Mah Jongg 12:30 Rummikub 12:30 Mobile Pantry 12:30 Ask A Nurse 3:00 Sit & Be Fit Open 9 am – 3 pm	<b>2</b> 10:00 Ch 99 Fitness 11:00 Mobile Meals 11:30 Whole Foods 12:00 Open Bridge Open 9 am – 3 pm	<b>3</b> 8:30 Zoom Yoga 9:30 Brown Bag Program 10:00 Ch 99 Fitness 11:00 RMV Real ID Program
<b>6</b> 9:30 Rug Hookers 10:00 Ch 99 Fitness 10:15 Sit & Be Fit Open 9 am – 3 pm	<b>7</b> 8:30 Yoga 9:00 Men's Group 10:00 Ch 99 Fitness 10:00 Bread Pickup 10:15 Light & Fit 11:00 Mobile Meals 12:00 Closed Bridge Open 9 am – 3 pm	<b>8</b> 9:00 Hiking Club 9:30 Cooking Club 10:00 Ch 99 Fitness 11:15 Sit & Be Fit 12:30 Mah Jongg 12:30 Rummikub Open 9 am – 3 pm	<b>9</b> 10:00 Ch 99 Fitness 10:00 Sight Loss Support 10:30 Card Making 11:00 Mobile Meals 11:30 Whole Foods 12:00 Open Bridge Open 9 am – 3 pm	<b>10</b> 8:30 Zoom Yoga 10:00 Ch 99 Fitness
<b>13</b> 9:30 Rug Hookers 10:00 Ch 99 Fitness 10:15 Sit & Be Fit Open 9 am – 3 pm	<b>14</b> 8:30 Yoga 9:00 Men's Group 10:00 Ch 99 Fitness 10:00 Bread Pickup 10:15 Light & Fit 11:00 Mobile Meals 12:00 Closed Bridge Open 9 am – 3 pm	<b>15</b> 9:00 Hiking Club 10:00 Ch 99 Fitness 11:15 Sit & Be Fit 12:30 Mah Jongg 12:30 Rummikub Open 9 am – 3 pm	<b>16</b> 10:00 Ch 99 Fitness 11:00 Mobile Meals 11:00 CDP Program 11:30 Whole Foods 12:00 Open Bridge Open 9 am – 3 pm	<b>17</b> 8:30 Zoom Yoga 10:00 Ch 99 Fitness
<b>20</b> 9:30 Rug Hookers 10:00 Ch 99 Fitness 10:15 Sit & Be Fit Open 9 am – 3 pm	<b>21</b> 8:30 Yoga 9:00 Men's Group 10:00 Ch 99 Fitness 10:00 Bread Pickup 10:15 Light & Fit 11:00 Mobile Meals 12:00 Closed Bridge Open 9 am – 3 pm	<b>22</b> 9:00 Hiking Club 9:30 Ladies Coffee 10:00 Ch 99 Fitness 11:15 Sit & Be Fit 12:00 Holiday Meal Delivery 12:30 Mah Jongg 12:30 Rummikub Open 9 am – 3 pm	<b>23</b> 9:30 Board Meeting 10:00 Ch 99 Fitness 11:00 Mobile Meals HOLIDAY – COA CLOSED AT NOON Open 9 am – 12 pm	<b>24</b>  HOLIDAY SENIOR CENTER CLOSED
<b>27</b> 9:30 Rug Hookers 10:00 Ch 99 Fitness 10:15 Sit & Be Fit  Open 9 am – 3 pm	<b>28</b> 8:30 Yoga 9:00 Men's Group 10:00 Ch 99 Fitness 10:00 Bread Pickup 10:15 Light & Fit 11:00 Mobile Meals 12:00 Closed Bridge 12:00 Elder Lawyer 1:30 Health Series Open 9 am – 3 pm	<b>29</b> 9:00 Hiking Club 10:00 Ch 99 Fitness 11:15 Sit & Be Fit 12:30 Mah Jongg 12:30 Rummikub Open 9 am – 3 pm	<b>30</b> 10:00 Ch 99 Fitness 11:30 Whole Foods 12:00 Open Bridge Open 9 am – 3 pm	<b>31</b>  HOLIDAY SENIOR CENTER CLOSED



The Friends of the Eastham Council on Aging, Inc.  
Eastham Council on Aging  
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@ Eastham Senior

EASTHAM SENIOR CENTER

1405 Nauset Road, PO Box 1203, North Eastham, MA 02651

Director:	(774) 801-3152	<a href="mailto:coadirector@eastham-ma.gov">coadirector@eastham-ma.gov</a>
Outreach:	(774) 801-3153	<a href="mailto:coaoutreach@eastham-ma.gov">coaoutreach@eastham-ma.gov</a>
Senior Center:	(774) 801-3151	<a href="mailto:coadmin@eastham-ma.gov">coadmin@eastham-ma.gov</a>

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Cindy Dunham ..... Outreach Coordinator  
Monica Keefe-Hess ..... Administrative Assistant  
Kathy Gill..... Program Coordinator  
James Small ..... Program Aide

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